



Practice Plan

Team: NOVICE HOUSE

Practice No.: 4

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

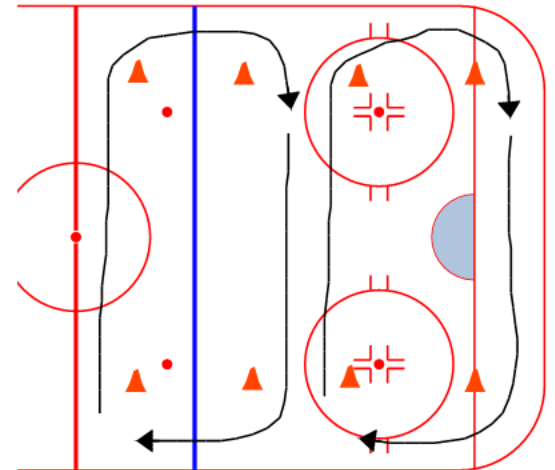
SESSION OBJECTIVES:

T PUSH AND GLIDE, TIGHT TURNS /EDGE CONTROL, HEEL TO HEEL GLIDE, BACKWARDS C CUTS, PASSING

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____
 Title : WARM UP 2 Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

Description

DIVIDE PLAYERS INTO 2 GROUPS AND SET UP CONES AS SHOWN. PLAYERS SKATE IN CLOCKWISE DIRECTION PERFORMING: GLIDE WITH KNEE BEND, GLIDE ON 1 FOOT-TOE ON PUCK, SLALOM C CUTS NARROW, C CUTS. CHANGE DIRECTIONS



Key points:

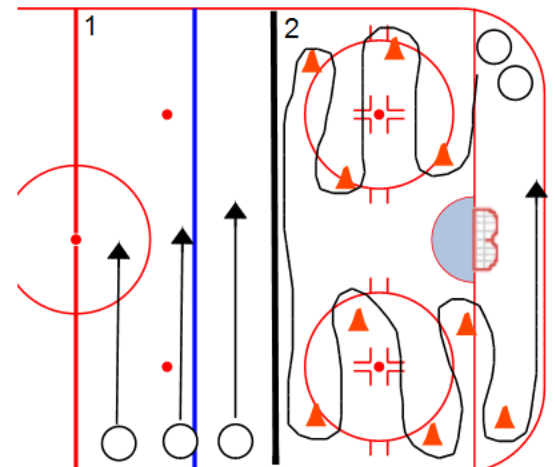
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Drill no. : _____ Duration : 12 Minutes From : _____ To : _____
 Title : PRACTICE 4 SKILL STATION 1 Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

Description

1. PUSH AND GLIDE
 PLAYERS LINE UP AS SHOWN AND PERFORM T PUSH AND GLIDE AS FAR AS POSSIBLE ON 1 PUSH. PLAYERS THEN RETURN BACKWARDS USING C CUTS.
 KEY TEACHING / DEVELOPMENT POINTS
 - BASIC STANCE (DEEP KNEE BEND)
 - FULL EXTENSION, POWERFUL STRIDE
 - FULL RECOVERY

2. TIGHT TURNS / EDGE CONTROL
 PLAYERS LINE UP AND CONES ARE SET UP AS SHOWN. PLAYERS SKATE THROUGH THE CONES EXECUTING A TIGHT TURN AT EACH CONE
 KEY TEACHING / DEVELOPMENT POINTS
 - FEET STAGGERED
 - EDGE CONTROL (OUTSIDE EDGE INSIDE FOOT, INSIDE EDGE OUTSIDE FOOT)
 - LEAN INTO TURN



Key points:

_____	_____
_____	_____

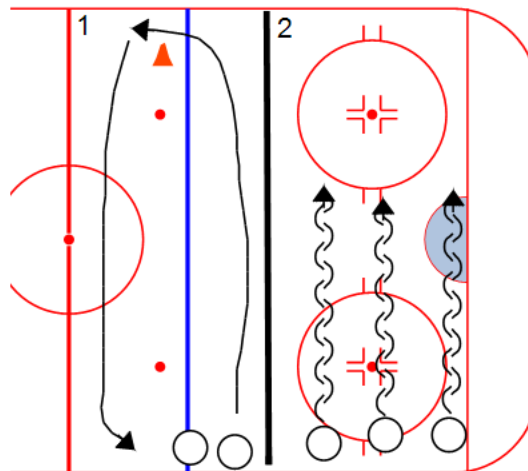
Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Title : PRACTICE 4 SKILL STATION 2 Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

Description

1. HEEL TO HEEL GLIDE
 LINE PLAYERS UP AND PLACE CONE AS SHOWN. PLAYERS SKATE TOWARDS CONE AND PERFORM HEEL TO HEEL GLIDE, SKATE AROUND CONE AND PERFORM HEEL TO HEEL GLIDE AGAIN THEN RETURN TO LINE
 KEY TEACHING / DEVELOPMENT POINTS
 - OPEN HIPS AS MUCH AS POSSIBLE
 - BEND KNEES AND SIT LOW

2. BACKWARD C CUTS
 LINE PLAYERS UP AS SHOWN AND HAVE THEM PERFORM BACKWARD C CUTS STARTING WITH LEFT LEG THEN RIGHT LEG THEN ALTERNATE.
 KEY TEACHING / DEVELOPMENT POINTS
 - FULL EXTENSION
 - FULL RECOVERY
 - NO BOBBING



Key points:

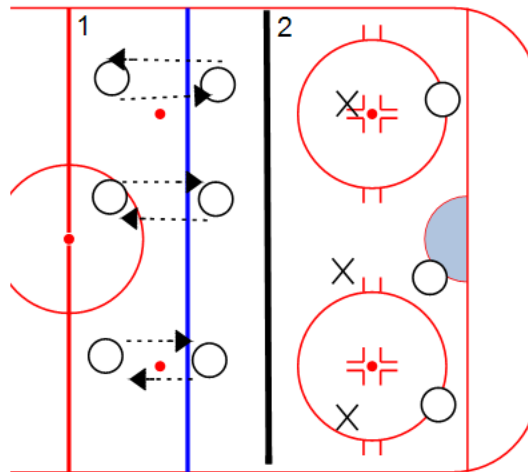
Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Title : PRACTICE 4 SKILL STATION 3 Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

Description

1. STATIONARY PASSING
 LINE PLAYERS UP AS SHOWN AND HAVE THEM PASS TO EACH OTHER FOREHAND AND THEN SWITCH TO BACKHAND
 KEY TEACHING / DEVELOPMENT POINTS
 - EYES UP, CALL FOR PUCKS
 - TRANSFER WEIGHT AND SLIDE FLAT PUCK
 - FOLLOW THROUGH AND POINT AT TARGET (BLADE DOWN ON FOREHAND, BLADE UP BACKHAND)

2. COYOTE / RABBIT
 HAVE PLAYERS PARTNER UP, ONE PLAYER HAS THE PUCK. ON THE WHISTLE THE PLAYER WITH THE PUCK SKATES AROUND TRYING TO KEEP THE PUCK WHILE THE OTHER PLAYER TRY TO GET THE PUCK. IF THE OTHER PLAYER STRIPS THE PUCK HAVE THEM RETURN THE PUCK, SWITCH AFTER 30 SECONDS.
 KEY TEACHING / DEVELOPMENT POINTS
 - STICKHANDLING STANCE (EYES UP)
 - CHANGE OF DIRECTION



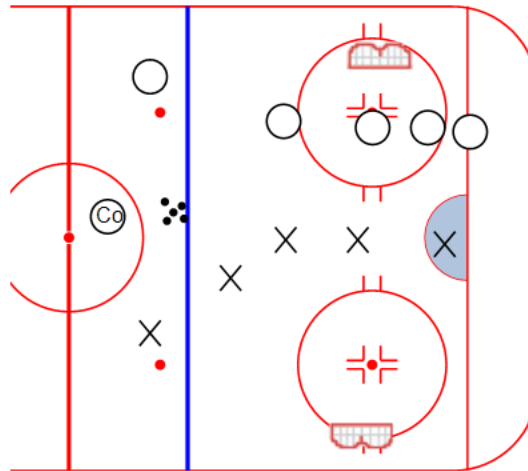
Key points:

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : 4 ON 4 Category #1 : GLENLAKE Category #2 : NOVICE HOUSE

Description

DIVIDE IN TO 2 GROUPS AND PLAY 4 ON 4 WITH EXTRA PLAYERS WAITING IN NEUTRAL ZONE. PLAYERS MUST COMPLETE 3 PASSES BEFORE THEY CAN SHOOT. PLAYERS CHANGE ON WHISTLE



Key points: